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Tuesday, December 13, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

GOT THE SUNDAY SCARIES?

How to prepare before they strike again. 18-19

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Macnow: As Eagles stink, Wentz shines. 20

SHOULD YOU FAKE IT?

Some say artificial Christmas trees are more environmentally friendly than real trees. Others disagree. 2

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1. How much did Lyft claim to add to the local economy in terms of money spent at such places as stores and restaurants?

2. How many yards did Carson Wentz throw for in Sunday's loss?

3. What is the name of the producer behind the hit show "Saved By the Bell"?

3 things you need to know

MCCONNELL WON'T GIVE TIMELINE FOR OBAMA-CARE REPLACEMENT

1 Senate Majority Leader Mitch McConnell said on Monday the Senate will move to repeal President Barack Obama's healthcare law shortly after Jan. 1, but declined to give a timeline for a plan to replace it. McConnell said the Senate would vote as soon as it returns from its year-end recess to repeal Obamacare. "And then we will work expeditiously to come up with a better program than current law, because current law is simply unacceptable and not sustainable," he said. Asked repeatedly, McConnell did not give any timeline for when the Republicans would offer their own plan. He said they would be consulting with different "stakeholders."

REUTERS

CALIF. MAN ACCUSED OF HATE CRIME IN STABBING NEAR MOSQUE

2 A man has been arrested on suspicion of committing an anti-Muslim hate crime and another was being sought by authorities in connection with the weekend stabbing of a worshiper near a Southern California mosque, police said on Monday. Coming amid a surge in harassment and intimidation of Muslims reported by the FBI, the incident occurred late Saturday night outside the Masjid Al-Rasool mosque in the town of Simi Valley, about 40 miles northwest of Los Angeles, according to police Commander Robert Brill. The confrontation began as a verbal altercation that escalated into a physical fight between the two suspects and the victim, who had attended prayer services at the mosque that evening, and a number of his friends, Brill said. REUTERS

WHATSAPP, SKYPE SET TO COME UNDER NEW EU SECURITY RULES

3 Messaging services such as Microsoft's Skype and Facebook's WhatsApp face stricter rules on how they handle customer data under new security laws due to be proposed by the European Union, according to a draft document seen by Reuters. The EU executive wants to extend some rules that now only apply to telecom operators to web companies offering calls and messages using the internet, known as "Over-The-Top" (OTT) services, according to the draft. Web services will have to guarantee the confidentiality of communications and obtain users' consent to process their location data, mirroring similar provisions included in a separate data protection law due to come into force in 2018.

REUTERS

Floyd Singletary with the Christmas trees he has for sale at 27th and Poplar streets outside his auto shop. SAM NEWHOUSE

Real or fake? Christmas tree debate heats up

While real trees are a tradition, advocates say artificial trees are growing in popularity.

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"The smell."

That's the main difference between real and artificial Christmas trees, according to Floyd Singletary, who sells Christmas trees during the holidays out of his auto shop at 27th and Poplar streets.

"People walking by here always say, 'I love the smell,'" Singletary said as he showed off his stock of Fraser Firs from North Carolina and Grand Firs from California. "They say an artificial tree will last 10 years. But people say it's just not the same. I hear that a lot."

Nonetheless, artificial Christmas tree retailers say getting a fake tree has a wide range of benefits, and that the vast majority of Americans now get fake trees.

"Artificial Christmas trees are an investment. A high-quality Christmas tree can easily last for more than 20 years. This means that spending a few extra dollars can end up saving you money," claims the American Christmas Tree Association (ACTA), a nonprofit that says it is dedicated to helping families choose the right Christmas tree.

According to a 2016 survey conducted by ACTA, out of 100 million households in the U.S. with Christmas trees, 81 percent are getting artificial trees, and only 19 percent are getting real trees.

But advocates for the authentic Christmas tree industry say ACTA's is using fake stats to push artificial trees.

"I don't buy that," said Tim O'Connor, executive director of the National Christmas Tree Association (NCTA), an advocacy group for the authentic Christmas tree industry, of ACTA's survey. "They of course have concocted a study that says more people like our product than the real thing."

Whether those numbers are real or not, the NCTA this year decided to start the "It's Christmas, Keep It Real!" publicity campaign to promote buying authentic trees. O'Connor said the industry wants to promote real trees as millennials start settling down and raising their own families.

In terms of cost, on average, artificial trees are a bit pricier — averaging out at $78, compared to an average price of $46 for a real tree, according to ACTA.

There's also a debate over what's more environmentally friendly. Owned for four years, artificial trees will have a smaller carbon footprint than real trees, ACTA said. Among other factors, they won't have to be watered and won't have to be transported over as many miles from where they are grown to sales.

O'Connor was skeptical of those claims as well.

"It's a tree that starts with oil, is turned into polyvinyl chloride, is manufactured in China, shipped back to the United States, and when it's done, it goes in a landfill," he said. "For the artificial tree industry to say … they have a smaller environmental footprint than a real Christmas tree is real B.S."

Even people who have bought artificial trees say they may be going back to naturally grown trees soon.

"I like real trees better," said Amber Daniels, who said she only bought an artificial tree this year because she's tight on space in her apartment.

"Next year I'll get a real tree, because I like the smell," she said. "I have to put it together. But the only real difference is the smell."

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Anthea Butler, professor at the University of Pennsylvania, came under fire for her comments against Ben Carson and op-ed piece alleging god is a "white racist." TWITTER / @BRODERICKGREER

Conservative 'watchlist' attempts to intimidate area professors

Four Philadelphia professors, from Temple and Penn, appear on the list.

ALEXIS SACHDEV
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A new "watchlist" is getting a rise out of the academic community, with some of its members calling it "nonsense," "Orwellian" and even "the worst of McCarthyism."

Set up last month by political action committee Turning Point USA (TPUSA), the Professor Watchlist includes the names of nearly 200 members of higher education, targeted for furthering "a radical agenda in lecture halls."

Their perceived offenses vary, and include addressing white privilege in the classroom, advocating for free or reduced-price college tuition, expressing a dislike for Republicans or conservatives, saying climate-change deniers are wrong or saying that all white people were responsible for slavery.

Turning Point's director of Constitutional Enforcement and Transparency said these aren't "hearsay accusations," but instead documented instances, with news sources to back them up.

"This site is a beautiful example of freedom of speech," Matt Lamb told Metro, adding that the information the site aggregates about academics is publicly available, and the site is intended to serve as another resource for "conservative libertarian students."

But educators on the list — four of whom work in Philadelphia-area universities — fear the effect such a blacklist has on freedom of speech in academic halls.

"Allegations are supposed to include anything that is quote-unquote un-American," said Joseph Schwartz, a professor of political science at Temple University. "But it's the very opposite of what it seeks to achieve. It's intolerant of disagreement, but also wants to rat out professors who are in disagreement with their views."

An award-winning educator, Schwartz's name appears on the list because of a 2013 incident, when he went on a vulgar rant during a panel discussion hosted by Temple's College Republicans. When a representative from the Pennsylvania Right to Work Defense and Education Fund declined to answer questions from Schwartz and a student sitting next to him, the professor yelled, "Oh come on, f–ing a–. I believe in the religion of foul language."

In a letter sent to College Republicans after the incident, Schwartz apologized, saying, "While passion is understandable when discussing issues that profoundly affect the lives of ordinary people, one should address others in a respectful manner."

Joseph Oleksak, then-chairman of the student group, responded in an email Schwartz shared with Metro, accepting the professor's apology, expressing disappointment with the representative's handling of the presentation and acknowledging that Schwartz is a "fair and level-headed professor."

But that exchange isn't present on Professor Watchlist. Only a link to a Fox News opinion piece about Schwartz's outburst.

For the expanded version, visit **metro.us**

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More LGBT couples able to have children

WRITTEN BY
Amy Smith

As the LGBT community pushes forward for equal rights, parenthood remains an important piece of the puzzle. The prospect of adoption is one route, something that only recently became legal in all 50 states, but it can also be fraught with difficulties. The good news is that it isn't the only way same-sex couples can grow their families. One Philadelphia fertility clinic is committed to leveling the playing field.

"No couple or individual should be deprived of the opportunity to become a parent, and Main Line helps fulfill this goal with dignity and grace," says Dr. Ben Gocial, an infertility specialist at Main Line Fertility.

The practice uses a number of approaches that make parenthood a reality for same-sex couples. Its donor egg and gestational carrier services are ideal for male couples, while women can opt for a sperm donor with or without intrauterine insemination (IUI), providing the chance to conceive, carry and deliver a biological child. Most same-sex couples are not infertile, but if a problem is found during their care, testing and specific fertility treatments—including in vitro fertilization (IVF) with genetic testing—are available. The goal is to achieve a pregnancy as quickly as possible and at a minimal expense. And care plans are always individualized and tailored to fit the needs and preferences of the patient.

The clinic also has a robust client base of transwomen and transmen. Those transitioning from female to male can choose to retain their uterus and ovarian function, making pregnancy a viable possibility. Going with a surrogate carrier using a donor egg and/or sperm can be explored, as well. Male-to-female transgender individuals can also consider freezing their sperm before undergoing any hormonal or surgical therapy. The takeaway message here is that there are more options on the table than are often considered.

"I promise all my patients that I will not waste their time or their money," says Gocial. "I want them to enjoy parenthood as soon and as easily as possible."

Main Line's egg bank plays a vital role for many LGBT parents, including male couples as well as women struggling to conceive. The experience can be personalized by choosing donor characteristics that are important to the couple. Many donors are willing to share personal information

like photos, but a full medical history (including family history and a social profile) is available for all donors. Alternatively, Main Line Fertility is happy to work with patients who prefer to use a family member or friend as a donor.

The clinic, which attracts patients from all over the world, currently has four active locations in Paoli, West Chester, Center City Philadelphia, and Bryn Mawr. Warm, compassionate staff members have the resources and experience to help LGBT families bring a much-loved baby into their lives.

To learn more visit mainlinefertility.com or call 215.398.1733

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Judge rejects Stein bid for Pennsylvania recount

The judge said it "borders on the irrational" to suspect hacking occurred in Pennsylvania.

Jill Stein GETTY IMAGES

The recount effort by Green Party presidential candidate Jill Stein in three crucial states neared an end on Monday, after weeks of legal wrangling yielded only one electoral review in Wisconsin.

A judge in Pennsylvania rejected Stein's request for a recount and an examination of that state's voting machines for evidence of hacking in the Nov. 8 election won by Republican Donald Trump.

Meanwhile, Wisconsin election officials said on Monday they had completed their recount. The full numbers were expected to be available within hours, though it appeared they would largely affirm the election's results.

Stein, who finished fourth in the election, challenged the results in those two states as well as Michigan, where the state's top court on Friday denied Stein's last-ditch appeal to keep a recount going. All of those traditionally Democratic strongholds supported Trump over Democrat Hillary Clinton.

Even if all three recounts had taken place, they were unlikely to change the outcome.

Stein argued that the use in many Pennsylvania districts of electronic voting machines with no paper trail left the system vulnerable to hacking.

In a 31-page opinion, U.S. District Judge Paul Diamond in Philadelphia said it "borders on the irrational" to suspect hacking occurred in Pennsylvania. He also emphasized that the deadline to certify the state's electoral votes is Tuesday, making it impossible to hold a recount in time.

While there is no evidence of large-scale voting machine hacking, U.S. intelligence agencies have concluded that Russia targeted Clinton in a series of cyberattacks on Democratic Party groups. Trump has questioned those reports.

In response to Diamond's ruling, Stein said in a statement that Pennsylvanians' right to have their votes counted had been "stripped from right under them."

As of Monday morning, the Wisconsin recount was 95 percent complete and had narrowed Trump's lead over Clinton by only 25 votes.

Trump won Wisconsin by more than 22,000 votes, Pennsylvania by more than 44,000 votes and Michigan by more than 10,000 votes, according to the latest figures.

Despite winning the national popular vote by more than 2 percent, Clinton would have had to sweep those states to win the presidency under the Electoral College system, which assigns electoral votes state-by-state rather than by overall national totals.

REUTERS

BRIEF

Donate to Metro's Toy Drive

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the 7th anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help other's and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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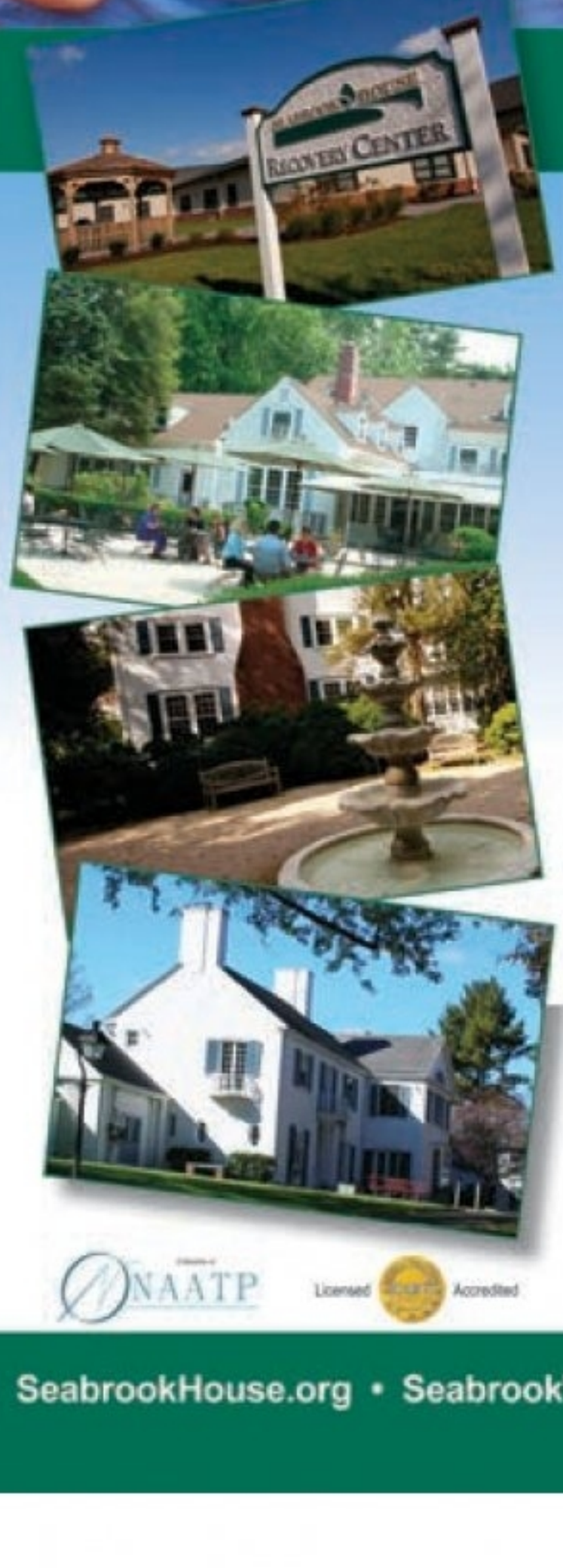

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During the economic downturn in 2009, when Pete Rose was laid off of his advertising job (not that Pete Rose), he decided to turn his side passion of home renovation into a handyman services company. His passion grew into what is now the Home Hero, a handyman services business located in the heart of Philadelphia.

His motto of "no job is too small" and mission of reliability, timeliness and trustworthiness grew his business into the success it is today — completing more than 900 handy jobs per year with high customer service satisfaction.

As a small business, Home Hero struggled to find a bank that would provide them the loans that they needed to continue their growth rate of 50 percent per year. That's where the Philadelphia Industrial Development Corporation (PIDC) came in.

PIDC is the city's public-private economic development corporation and was founded in 1958 by the Chamber of Commerce for Greater Philadelphia and the city of Philadelphia. PIDC gave Home Hero the funds they needed to market their services to a larger audience and expose them to other business resources to help further grow their enterprise.

Recently, Home Hero was the recipient of the Customer Service of the Year Award of the Chamber's annual Excellence Awards. The Excellence Awards recognize companies that have demonstrated unique vision, innovation and achievement in support of our region's economy. This year, the Customer Service award was sponsored by PIDC.

Since its inception, PIDC has helped provided thousands of businesses with a leg up for small businesses and nonprofits alike throughout the city of Philadelphia. PIDC is involved in numerous projects and activities that drive this growth, including:

— The lending of $27 million of capital to 85 small and growing businesses in 2015.

— The creation and retention of 23,000 Philadelphia-based jobs over a total of 210 transactions in 2015.

— The settlement of over 6,700 transactions and investing a total of $23 billion in projects since its inception.

PIDC is also responsible for the success of numerous large scale projects in Philadelphia, one of the largest being the Navy Yard, which contains more than 150 companies and is home to over 12,000 employees. PIDC, the master developer of the project, has secured a total of $1 billion of public and private investment into this successful urban redevelopment.

The Chamber is proud to have its roots in partnership with the city of Philadelphia in such a successful organization that is driving growth throughout the city. To learn more about PIDC and how it can help your organization grow, visit pidcphila.com.

Rob Wonderling is president and CEO of the Chamber of Commerce for Greater Philadelphia.

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Jury issues Pennsylvania's first death sentence of 2016

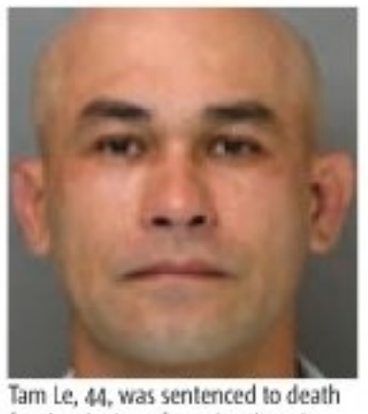
A jury sentenced a Philadelphia man to death for the killing of two brothers, who were tortured, stabbed and thrown in the Schuylkill River.

Friday's decision was the first death sentence issued this year in Pennsylvania.

Tam Le, 44, and others associated with the Vietnamese gang, Born to Kill, tortured and repeatedly stabbed the two brothers on Aug. 27, 2014, authorities said. They bound the victims' bodies with zip ties, wrapped their heads with duct tape and threw their bodies into the Schuylkill, weighing them down with tar buckets.

Brothers Vu "Kevin" Huynh, 31, and Viet Huynh, 28, had allegedly gambled away $100,000 that was supposed to be used to purchase narcotics. Unable to settle their debt, Le held them hostage before mutilating their bodies.

A third victim, Tan Voong, survived the ordeal and later testified against Le.



Tam Le, 44, was sentenced to death for the slaying of two brothers in 2014. PHILADELPHIA POLICE

A Court of Common Pleas panel convicted Le, of Southwest Philly, on Dec. 1 of two counts of first-degree murder, as well as related offenses, according to the Inquirer.

Le will be taken to a state prison for men on death row, where he will remain until his sentence is successfully appealed, or he is executed.

Le was previously convicted of manslaughter in 1993 for fatally shooting a man in upstate New York.

Le joins 174 men and women awaiting execution by lethal injection, state prison officials told the Inquirer. Also facing a possible death sentence are Ibrahim Muhammad and Nalik Scott, now on trial for a triple homicide in 2011 that happened during a robbery.

While a jury can sentence someone to death, execution of inmates won't happen for some time. The state Supreme Court upheld Gov. Tom Wolf's moratorium on the death penalty last December, granting reprieves to inmates on death row.

As of July, Pennsylvania has the fifth-most death row inmates: California has 741, Florida has 396, Texas has 254 and Alabama has 194.

Since 1976, Pennsylvania has executed three death row inmates. None of those cases were from recent years.

ALEXIS SACHDEV

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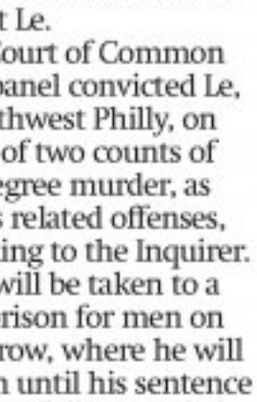

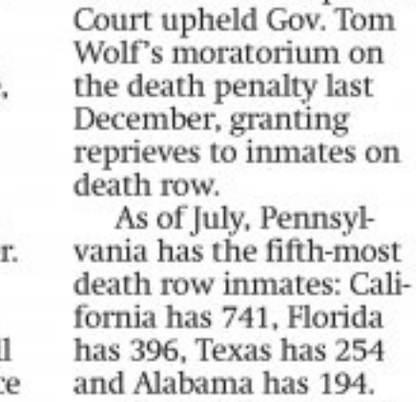

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Ex-congressman sentenced to 10 years in prison for fraud

Former U.S. Representative Chaka Fattah, who served in Congress for more than 20 years, was sentenced on Monday to 10 years in federal prison for orchestrating a series of frauds to enrich himself and boost his political career, prosecutors said.

Fattah, 60, represented parts of Philadelphia from 1995 until resigning earlier this year after being convicted in June on more than 20 counts of racketeering, bribery and fraud. He had already lost the Democratic primary in April amid the corruption scandal.

Fattah misappropriated hundreds of thousands of dollars in campaign, charity and taxpayer money in multiple unrelated schemes stretching over several years, according to prosecutors.

Some of the frauds stemmed from his unsuccessful bid in 2007 to become Philadelphia's mayor, a campaign that left him deeply in debt to several supporters.

He accepted an illegal secret loan of $1 million from Albert Lord, a former chief executive officer of student loan servicer SLM Corp, known as Sallie Mae, authorities said. He then convinced Karen Nicholas, who oversaw his nonprofit educational organization, to funnel charitable donations and federal grant money to repay the loan.

Lord testified at trial under an immunity order and said he never discussed the specifics of the loan with Fattah.

Fattah also encouraged consultant Thomas Lindenfeld to apply for federal funds for a fake nonprofit in an effort to repay Lindenfeld more than $100,000, prosecutors said.

In a third scheme, Fattah used another consultant, Gregory Naylor, to transfer campaign money to pay off his son's student debt. The son, Chaka Fattah Jr., was convicted in an unrelated federal fraud case and sentenced to five years in prison.

Former Philadelphia Congressman Chaka Fattah GETTY IMAGES

Fattah also accepted bribes from a close friend, retired businessman Herb Vederman, in exchange for making a personal appeal to President Barack Obama to appoint Vederman to a U.S. ambassadorship, prosecutors said.

Nicholas, Vederman and two other Fattah associates, consultant Robert Brand and campaign treasurer Bonnie Bowser, were convicted at trial alongside Fattah. Vederman was set to be sentenced later on Monday, while the others are scheduled for sentencing on Tuesday and Wednesday. REUTERS

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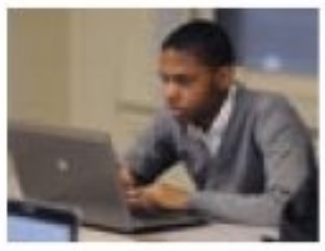

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Trump attack on Lockheed Martin foreshadows war on defense industry

GETTY IMAGES

The new administration's focus is likely to be "wide-reaching and impact all of government as we look to come up with better deals," Trump transition spokesman Jason Miller said.

Donald Trump on Monday widened his attack on defense contractors, slamming Lockheed Martin Corp's F-35 fighter jet program as too expensive as aides to the president-elect said he intends to keep pushing to cut the costs of military hardware.

Trump's latest Twitter broadside sent defense shares tumbling and fanned concerns that the incoming administration will reduce defense contractors' profit margins and cut broader federal spending, threatening U.S. factory jobs even as Trump promises to boost manufacturing employment.

"The F-35 program and cost is out of control," Trump said on Twitter, echoing campaign promises to cut waste in federal spending. "Billions of dollars can and will be saved on military [and other] purchases after Jan. 20."

Last week, Trump targeted Boeing Co. with tweets for "out of control" costs on new Air Force One planes, urging the federal government to "Cancel order!"

Trump's F-35 tweet drew support from U.S. Senate Armed Services Committee Chairman John McCain, who has voiced support for the fighter jet in the past. While a president cannot cancel a program after funds have been allocated, it can purchase less.

"He can reduce the buy over time, next year, as we look at it again," McCain told Reuters.

But Trump's off-the-cuff remarks bristled others in Congress. Sen.Richard Blumenthal, a Democrat from Connecticut, home to F-35 engine maker Pratt & Whitney, said the program supports 2,000 Pratt jobs and thousands more at suppliers.

"The suggestion that costs are out of control is just plain wrong," he said. Trump should "learn more about the facts" before discussing "arbitrary cuts in the program," he added. "He's the president-elect. What he says matters."

Lockheed shares fell 2.5 percent after being down 5.4 percent earlier. Shares of General Dynamics, Northrop Grumman, BAE and Raytheon also fell, while United Technologies and Boeing shares were slightly higher..

REUTERS

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'Flip or Flop' stars Tarek and Christina El Moussa are splitting up

Another HGTV couple is shattering the facade of perfection. TMZ is reporting Tarek and Christina El Moussa of "Flip or Flop" have split.

In May, an incident at the couple's Orange County home involved an armed, "possibly suicidal male." When cops arrived, they found Tarek on a nearby trail, where he surrendered the weapon. Five guns were seized from the home.

The couple said the incident was a "misunderstanding" and they "plan to continue our professional life together." But as fans of the show, we can say Tarek never listens to his wife, and that's such a deal-breaker in 2016.

Beyonce and Mariah take a selfie

Beyonce and Mariah Carey took a selfie together that was too fierce for the internet to handle.

What we know is that Beyonce attended Mimi's Christmas concert in New York on Sunday. But when two of the most iconic singers of our time take a selfie together, there has to be more to the story.

So here's how we envision the meeting went down. *Cue dream sequence music*

Beyonce wanted to keep things low-key so she didn't actually tell Mariah she was coming. When Mariah arrived at her dressing room, via chaise lounge carried by shirtless men, and saw Beyonce there munching away at her capers, Mimi was annoyed, but still happy to have someone of her own caliber to chat with.

They shared tips on the best means of storing all their awards, swapped code names to use when checking into hotels, and toasted to Mariah still being divorced from Nick Cannon. They took a selfie to commemorate the occasion because they respect each other so much.

Mariah thanked Beyonce for dressing down on her special night. Beyonce wasn't even offended — she understood. Diva friends are the best.

INSTAGRAM.COM/MARIAHCAREY

the word

SESALI BOWEN
sesali.bowen@metro.us

Selena Gomez inks $10 million deal with Coach

Someone on her team has clearly still been taking calls and handling business since Selena Gomez, 24, took a break earlier this year. After being diagnosed with lupus and suffering anxiety and panic attacks, Gomez said she would take some time off for self-care. But during that break she still became the most-followed person on Instagram, with more than 104 million followers.

Now Page Six is reporting the singer inked a deal to design a line and appear in ads for Coach. The former Disney star is set to receive $10 million.

If these are the kinds of payouts Gomez gets when she's not even trying, we would love to see her bank account during her busy seasons.

Khloe Kardashian and Lamar Odom officially divorce

The end of 2016 hasn't been grim for at least one member of the Kardashian family. We're talking about the fact that Lamar Odom has officially run out of time to stage another medical emergency that holds off his divorce from Khloe Kardashian.

Back in October, the couple reached a long-awaited settlement and signed off on the terms of their divorce. "Entertainment Tonight" has obtained documents, signed by a judge, that officially end their marriage.

Khloe initially filed for divorce in 2013. Last year, following Lamar's drug overdose, the reality star called off the divorce to support him in his recovery. But the couple still weren't able to make it work together and Khloe — who is dating Cleveland Cavaliers player Tristan Thompson — re-filed for divorce in May.

As of Dec. 17, Khloe and Lamar will be officially single. Finally.

When two 'Mozart in the Jungle'

Malcolm McDowell and Bernadette Peters tell us about their very different ways of starting out.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Amazingly, Malcolm McDowell and Bernadette Peters never worked together before "Mozart in the Jungle," whose third season just hit Amazon. It makes sense: Though their careers started around the same time, one is a British bad boy, still best known for "A Clockwork Orange." The other is a Broadway god and Stephen Sondheim muse.

So do these two thespians — who have considerable chemistry on "Mozart," as a grouchy former conductor and president of his longtime symphony — have any past in common? As it happens, yes: Musicals! McDowell did musicals in school. (He cites a production of "Aladdin" as one.) Unlike Peters, he abandoned it. Well before his 1969 film debut, in Lindsay Anderson's rebellious-schoolteens classic "If…", McDowell cut his teeth on the theater — "by accident," in his words.

Instead he spent much of his 20s in the theater. First came "weekly rep," an English tradition in which he would do one play a week.

"I didn't know how to act! I had no idea," McDowell tells us. "The poor people who came to see these plays basically paid for my drama school."

The grind burned him out. Luckily he wound up at the Royal Shakespeare Company — but that, too, he felt was a drag.

"As soon as I got into the Royal Shakespeare Company, I realized what it was, which was basically drunken gambling and whoring," he remembers.

In the third season of "Mozart in the Jungle," which just dropped on Amazon, Malcolm McDowell and Bernadette Peters resume their roles as, respectively, a former conductor and the director of his old New York symphony. JESSICA MIGLIO

"I decided I better get out of this. I was always trying to get out of things." He met, for the first time, with the company's head, the illustrious Peter Hall, and told him he was leaving. "[Hall] said, 'What are you going to do?' I said, 'I'm going into film!' And he said, 'Good luck.'"

The rest is history. Indeed, McDowell presently has over 200 film credits on his résumé.

Bernadette Peters, meanwhile, only has just over 20. She's been busier on stage and in television. A quarter of those film titles hail from the '70s, when she acted with Burt Reynolds twice ("The Longest Yard" and, again "Silent Movie," in which they never share the screen), and did oddball b-movies, like "Vigilante

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stars were young

Force," starring Kris Kristofferson and Jan-Michael Vincent. By the '80s she was doing classier work, like "Annie" and "Pennies from Heaven." Why the unusual early period, then?

"Because I said yes to every film!" Peters tells us. "I thought those films were so strange. I finally said, 'I need to stop doing these fakakta films.' Then I did 'Pennies from Heaven.' That was not fakakta. I realized from then on out that I wanted to do movies that were actually written well, or where the role was incredible. I didn't want to do it just to do it."

As to "Mozart in the Jungle," its new episodes play very differently now. The show has always dealt with the difficulties a classical art faces in modern times. Now, with a new, very far right administration coming in, it seems the arts will be in even deeper peril.

"You ain't seen nothin' yet," McDowell says. "Just keep your passport in order."

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‘Saved by the Bell’ creator: Trump got elected because he’s more entertaining

The 80-year-old producer recently released his memoir, “I Was Saved by the Bell.”

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

For ’90s kids, “Saved by the Bell” was everything. The iconic teen sitcom followed relatable and lovable characters like Zack Morris and Jessie Spano as they dealt with the trials and tribulations of being a teen at Bayside High.

Show creator Peter Engel recalls being there through it all in his new memoir, “I Was Saved by the Bell.” We asked the 80-year-old television producer about the book, putting cellphones on television and his thoughts on a reality TV star being president.

Peter Engel

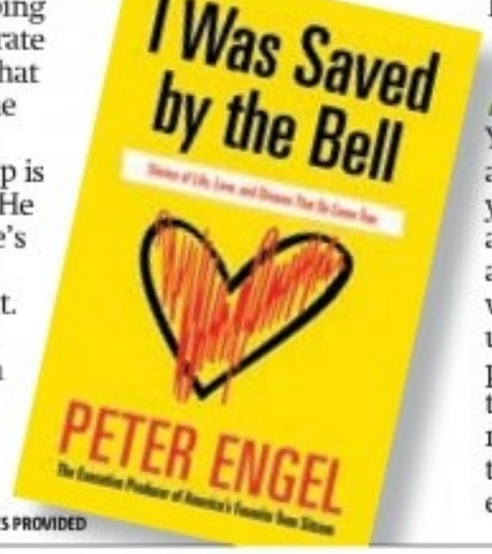
You’ve been in show business since college. Is there anything you know now that you wish you knew then?

No, because I was too naive back then. If I knew then what I know now, I probably would never have continued the journey. I know too much now. I never thought for a second I would fail, and fail I did many times. Got my heart broken a million times, but it’s coming back that’s important.

So Donald Trump, a reality TV star, is going to be our president. Any thoughts on that?

My thought is that we get what we are. This is going to be a business corporate utopia for some. Can that work? I’m not sure. The campaign was almost like a circus, but Trump is brilliant at the media. He knows exactly what he’s doing — the tweets in the middle of the night.

I can only hope for the best. I say give him a chance as opposed to those who want to get rid of him the first day he’s inaugurated. I’m not thrilled about it, but this is America and somehow we always come back. To some people this is a tremendous high. To me it’s a tremendous C-minus of who we are and what we understand. I also think the internet and the cellphone are to blame. [Pause] You know, I had the first cellphone on television with Zack. I should have gotten royalties, I’d be very rich.



ALL IMAGES PROVIDED

Really?

Nobody ever had cell phones on television back then. Some doctor shows had beepers, right? But no one till Zack had a cellphone. On the other side of the coin, I think a cellphone and the internet has been the worst thing upon our social structure because we have lots of information, but no knowledge.

Ain’t that the truth.

You can find anyone who agrees with you. I mean you can go to the internet and you’ll find eventually someone who agrees with you, and Trump understands that. He tells people what they want to hear and now that he’s the president-elect, he’s had enough of them. It’s going to be a very interesting ride.

It’s the culture that’s been created.

Yes, and I think that the presidential election is a two-year reality show. At the end of the day — and I’m a Democrat — who would you rather watch for the next four years on television? And quite frankly, even as someone who’s not happy about what happened, I’d rather watch him than Hillary. It’s called show business.

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4 Under-the-radar fashion retailers in Philadelphia

Michelle Shannon

Michelle Shannon of Center City District gives us a lesson in shopping indie.

JENNIFER LOGUE
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Michelle Shannon is the VP of marketing for Center City District, but fashion is her passion. Over the past eight years, she's been at the helm of a retail attraction campaign for the district. And since 2013, over 40 national retailers have opened up shop there. But that's only part of the story.

"What makes us stand out from the suburbs is a really strong mix of local, one-of a-kind boutiques where you can get something you're not going to see anywhere else," she says.

Shannon gives us the scoop on a few of her favorite under-the-radar retail gems in Center City, covering everything from accessories to evening gowns to menswear.

Lapstone and Hammer ALL IMAGES PROVIDED

1 Verde

108 S. 13th St.
verdephiladelphia.com
This adorable boutique on 13th Street is owned by Valerie Safran and chef Marcie Turney, the restaurateurs behind Philly staples like Barbuzzo and Lolita. "The kind of brand there is quirky and comfy. If it's not handmade, it feels handmade," says Shannon. If you're looking for cute hats, socks and jewelry, this is your place. There's also a chocolate shop onsite in case you need a sugar fix.

2 Bella Turka

113 S. 13th St.
bellaturka.com
Suffer from constant wanderlust? A visit to Bella Turka will take you around the world through jewelry — no passport required. Their stock changes constantly. Shannon notes, "They have an incredible selection from talented young designers. The pieces are handmade and inspired by ancient designs from Greece and Turkey."

3 Lapstone and Hammer

1106 Chestnut St.
lapstoneandhammer.com
Let's hear it for the boys — because they need some style love, too. For contemporary menswear, Lapstone and Hammer on Chestnut Street carries a mix of national and local brands, including Common Project, Diadora and Divine Lorraine Hotel. "They opened in 2015 with an emphasis on quality, innovation and craftsmanship," Shannon adds. From sneakers to leather jackets, their showroom-style store is an experience in itself.

4 Kimberly Boutique

123 S. 16th St.
facebook.com/kimberly-boutique
If you're looking for clothes for the office or even special occasions, Kimberly Boutique is a must-try for women's fashion. "She has been my go-to boutique for many years," confesses Shannon. "It's the kind of service you don't see in regular stores." Offering brands like Alice and Olivia, the collection is updated regularly.

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How to conquer the Sunday Scaries

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Unfortunately, it involves getting s— done.

KATE MOONEY
@yatinbrooklyn
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You know the feeling. It's 3 p.m. on a Sunday, and the dread sets in. Popularly known as the "Sunday Scaries," the phenomenon of end-of-the-weekend anxiety also goes by the Sunday Sads or the Sunday Blues. Whatever you call it, the fear and paralysis that strikes so many of us — on what should be our day of rest, no less — is a real drag. How can we learn to take back Sunday (is that what that band is about)?

Will deFries, a 29-year-old writer for millennial humor site Post-Grad Problems, says he suffers from the Scaries "without fail, every single Sunday. It's an inevitable thing, like your alarm going off: it's Sunday, here they are!"

In 2012, on a lark and in need of a creative outlet outside of work, he created a website and a brand called the Sunday Scaries, designing comfy, long-sleeved T-shirts that say "Sunday Scaries" and "Ride the Wave."

His philosophy serviced an online community for the anxious. "If we're all scared collectively, we're less scared individually," DeFries says, quoting a former Sunday Scaries contributor.

And there is no shortage of Scaries victims in need of some kind of community. On Twitter, where deFries operates the handle @SundayScaries, he serves as a sort of de facto therapist, receiving countless DMs and tweets from sufferers every seventh day of the week.

Does creating a sort-of meme out of the Scaries help lessen their impact, we wondered? Not exactly. "Now [the Scaries] are always on my mind, it's impossible not to get them," he says. But there is a silver lining: "The more I get them, the more self-aware of them I am, and the more tolerable they become."

Meanwhile, Man Repeller also attempts to create a community for the Sunday scared. The fashion and lifestyle publication has a column called the Sunday Scaries Diary, in which "haunted humans chronicle their end-of-the-weekend terrors … hopefully to make all of us feel a little less alone in the fetal position come Monday morning."

In a November column titled "Sunday Scaries Diary: Leandra Did Nothing, Socialized with No One, Bought a Pair of Jeans," Man Repeller founder Leandra Medine details the procrastination, writer's block and stress eating that defined a recent Sunday.

"The more I get [the Sunday Scaries] … the more tolerable the become."

Will deFries, @SundayScaries founder

Again, the idea seems to be that by sharing your Sunday Scaries, you can normalize them, making them … less scary?

But it might take more than that. In that same post, Medine gets real: "The thing about Sunday Scaries is that the only way to make them go away is to do a bunch of s— you really don't want to do."

So how do you make yourself get s— done when you're too busy fearing a case of the Mondays?

According to Dr. Megan Clary, a clinical psychologist in NYC, the trick is to carve out a window of time over the weekend to be productive, and then reward yourself af-

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ter by doing something that makes you feel good.

To fight inevitable procrastination, she says you have to make at least some aspect of the task appealing. Grading papers is a drag, but maybe if you do the work at your favorite coffee house, it will be a little less painful than hunkering down on the couch in your cluttered living room you didn't get around to cleaning yet.

As for the reward impetus, make a plan in advance to meet up with a friend, maybe even one who suffers from the same Sunday anxiety, Clary suggests. You can even set up a ritual. "I think that's what HBO does [for people]," she jokes, referring to its Sunday night programming.

She also cautions against thinking about the week ahead as only a work week, five full days, back to back. "Finding ways to positively reinforce your week by making plans ahead of time, like going to a movie or getting a manicure, will make the week feel less deadening," she says.

For the expanded version, visit **metro.us**

Life coach Kara Loewentheil agrees avoiding your to-do list only makes the weekend anxiety worse.

"The problem with not planning is that you always feel like you should be doing something," and that feeling can seep into your leisure time. "Your brain is constantly thinking when you're not aware of it and it's making you miserable a lot of the time," she says.

The fact that work emails start filling up your inbox on Sunday evening does not help, she adds.

Yet, a case of the Sunday Scaries doesn't necessarily indicate job dissatisfaction. "If everyone who hated Sunday nights had chosen the wrong career, we'd have a lot of people in the wrong career," she points out. She makes the distinction that it's often the way you're thinking about your job, rather than your job itself, that causes stress and anxiety.

Using cognitive techniques, Loewentheil attempts to change the often overly negative way people think. First, she helps her clients identify the trigger for the negative thought — be it receiving a stressful work email from their boss or just anxiety setting in once the sun goes down — and then examine the feeling it creates. "The awareness of it is a little bit magic, itself," she says.

Then, Loewentheil encourages them to practice thinking more positive thoughts — not necessarily positive affirmations, which she says often don't work because they're too positive and people don't believe them when they say them. You can't go from "I hate this job, it makes me miserable," to "I love my job," but you could practice thinking something like, "I don't always love my job, but so far, I've survived it."

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IN (YET ANOTHER) LOSS, WENTZ PROVIDES EAGLES HOPE

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Carson Wentz is in the midst of a historically good rookie season — don't let the Eagles' record fool you. GETTY IMAGES

How are we to take this Eagles loss, their sixth in the last eight games? That they gave maximum effort? Well, that only confirms they played less than 100 percent in earlier games.

That Zach Ertz proved something with 10 catches and 112 yards? Don't be fooled. Ertz annually puts up lofty stats in meaningless December games, his plot to fool us that he's approaching stardom. Oh, and Ertz cost a TD on a punt return by committing a (marginal) block-in-the-back penalty.

That Jon Dorenbos is their most irreplaceable player? Who knew how dire things would get if the steady long snapper (playing his franchise-trying 162nd straight game) got injured? We found out — sideline auditions and three "go for its" on fourth downs.

All fair takeaways. But I'm going with this: Despite the disappointment of the 27-22 loss to Washington, Eagles fans should continue to feel bullish about their rookie QB. With no weapons, no blockers and not much help from his coach, Carson Wentz shined on Sunday. He nearly won the game singlehandedly.

You saw the last drive. Wentz marched the Eagles 61 yards in a minute and a half, throwing to the likes of Trey Burton and Ol' Pitchfork Hands Ryan Mathews. He evaded the rush, found secondary receivers, moved quickly and confidently.

The Eagles ended up at Washington's 14 with 21 seconds to play. Time for an Elway-type miracle.

But, of course, this is not that season. Milliseconds after Wentz took the shotgun snap, he was plastered by elite pass rusher Ryan Kerrigan, who had pushed aside fourth-string right tackle Matt Tobin like a lace curtain. Flattened quarterback, fumble, game over.

Foolish critics may blame Wentz there. But, really, there was nothing he could do. He didn't even finish his drop back before getting mugged.

The bigger point is how much he actually accomplished Sunday. That 61-yard drive came without three of their top four running backs, without three of their regular receivers and without three of their Week 1 offensive linemen. Wentz was trying to beat a NFL playoff contender surrounded by a roster resembling the has-beens and never-weres who show up for your Sunday rough-touch games.

Overall, Wentz went 32-for-46 for 314 yards, with one TD and one foolish end zone interception — all while being engulfed all afternoon by angry men in white and burgundy. Doug Pederson called it the No. 2 overall pick's best game so far. I'll stick with that Pittsburgh masterpiece back in September, but I get the coach's point.

The kid is smart, confidence and technically sound. He's got all the internal tools — he just doesn't have the right pieces around him. He's tough, rising from vicious hits on Sunday. He battles, even as his coach exposes him by calling an average of 47 pass plays over the last seven games.

Moral victories mean little, and Sunday didn't provide one of them. But even in the loss, you can see the Eagles future at quarterback. And it remains extremely positive.

Macnow's musings

- Perhaps this is the time to again remind you how Lane Johnson screwed up the Eagles season. Injuries happen, but Johnson's idiotic supplement suspension started the chain of events that had Tobin trying to block Kerrigan on Sunday — the equivalent of a kitten trying to stop a T. rex.
- That 80-yard TD, not surprisingly, came with Leodis McKelvin struggling to cover Jackson. In the fourth quarter, however, the beleaguered cornerback jumped the route on another pass attempt and — shock of shocks — picked it off and ran 29 yards for a touchdown. McKelvin has a .00001 chance of playing here next year, but he'll always have that play for his career highlight reel.
- Oh, and one more thing: I can't turn this column over to Flyers coverage with just three games left in the Eagles' season. But the current hockey hot streak has been a pleasure to watch, with different heroes every game and real signs that the youngsters are coming on. It's going to be a long, cold winter around these parts. Here's hoping that the guys in orange and black take our mind off of shoveling snow and running mock NFL drafts.

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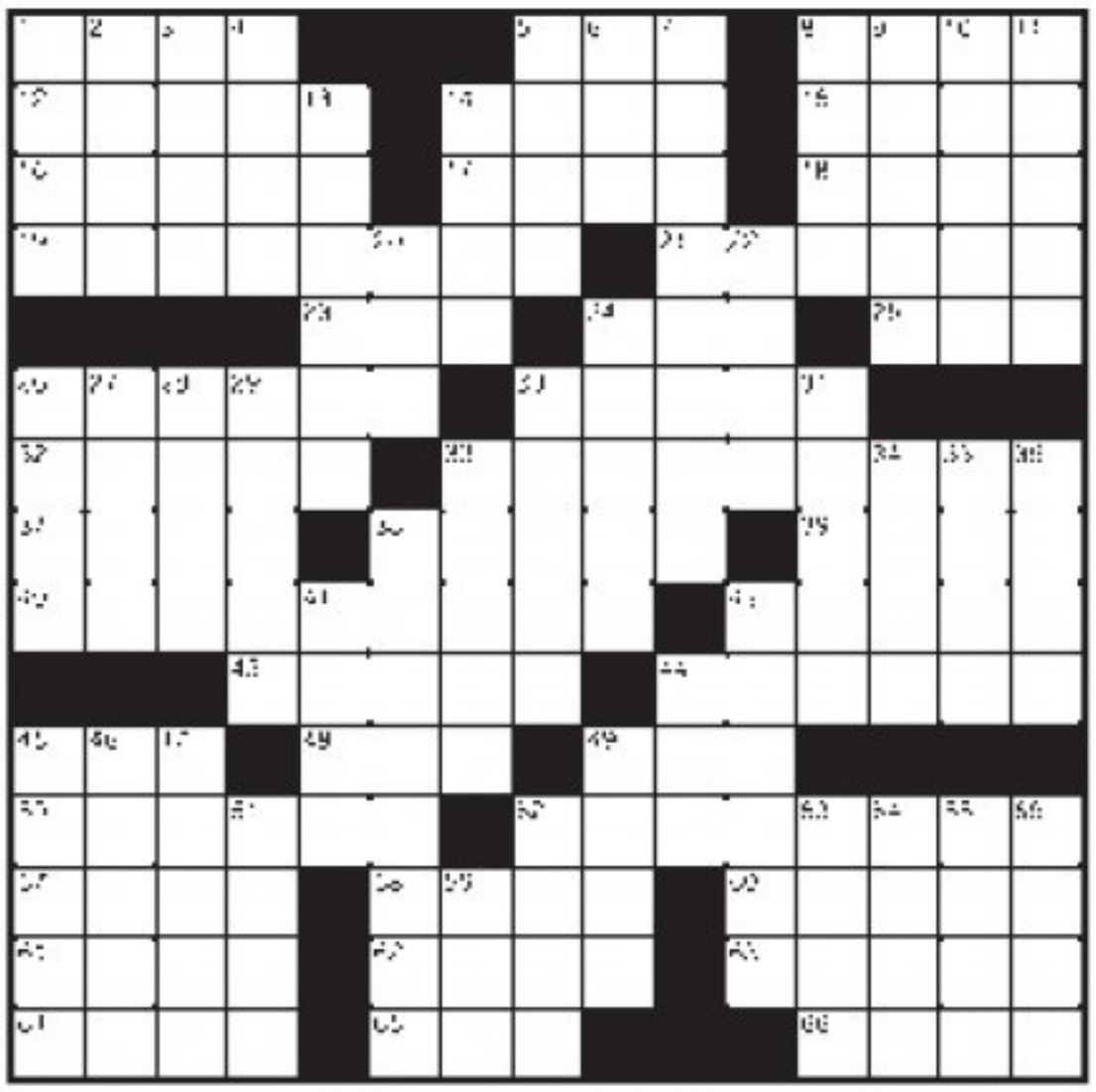

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Aries You need to put more energy into important relationships. The more enthusiasm and willingness to compromise you show, the more you will get in return.

Taurus Think matters through, but don't stop the flow of something that appears to be moving forward smoothly. Tying up financial matters will help you move ahead.

Gemini It's a good day to book travel plans. Take care of your responsibilities to ensure you have time to spend with friends and family as the year comes to a close.

Cancer You need to take care of pending financial or medical issues that you may have let slip. A clean slate before the year's end will boost your morale.

Leo You must put partnerships first. It's in your best interest to set the stage for a secure and prosperous upcoming year. Don't leave anything to the last moment.

Virgo A work opportunity looks promising, but may interfere with your relationships. Don't disrupt your home life until you have concrete evidence that change is coming.

Libra Take care of concerns that children or elders in your life have voiced. Your help will revive the love you have for each other and bring you satisfaction.

Scorpio Overspending will be a problem. Check over your investments, bank accounts and overall spending habits, and adjust your strategy in order to deal with debt.

Sagittarius Put more emphasis on your personal accomplishments and what you still want to achieve. A physical change will turn out favorable and boost your confidence.

Capricorn Expand your knowledge, not your responsibilities. Gather information and weigh the prospects carefully. Stick to moderate projects that factor in peace of mind.

Aquarius Carrying out home improvements, updating your investments and making special plans with children, relatives or loved ones look promising. Favors will be granted.

Pisces Don't divulge secret information. Make travel plans or arrangements with friends or relatives you want to touch base with before the end of the year. EUGENIA LAST

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